



## Active for Life is back!

**Active For Life<sup>SM</sup>** 

January 23, 2012 - April 1, 2012

Active for Life is an online workplace physical activity program offered to you by the County of Los Angeles & the American Cancer Society.

Participate in teams of at least three and no more than 15! Meet your team goals and win prizes! Team registration starts January 4, 2012.

## More details coming soon!

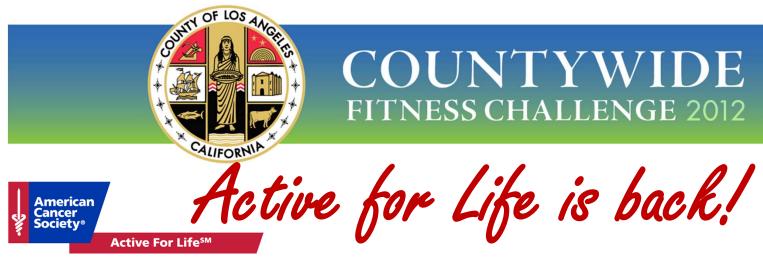
Questions?
Contact your Departmental Wellness Manager











January 23, 2012 - April 1, 2012

Active for Life is a 10-week online workplace physical activity program offered to you by the County of Los Angeles & the American Cancer Society.

## It's easy to participate!

- Form your team of no less than three and no more than fifteen
  - Select your Team Captain
- Team Captain receives participation invite from Program Director & creates team

Join today so you can enjoy the benefits of living an active and healthy lifestyle!

For More Information or If You Have Questions:
Contact your Departmental Wellness Manager or visit <a href="http://dhr.lacounty.info">http://dhr.lacounty.info</a>







